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Province expected to ban pesticides

ENVIRONMENT A pesticide ban in Nova Scotia will be unveiled today, sources say.

Environment Minister Sterling Belliveau has a press conference scheduled for 11 a.m. during which he is expected to unveil the ban.

Details of the upcoming legislation aren't known, and Belliveau wouldn't talk about the press conference when reached yesterday.

"You'll have to wait for tomorrow," he said.

One person with knowledge of the ban said it would not take effect until next year.

PAUL MCLEOD/METRO HALIFAX

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SCAN LIFE
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Food pg 15



Recipe for laughter

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Happy 100th birthday, navy



Sailors rehearse at CFB Halifax yesterday for today's Freedom of the City ceremony. More than 1,000 sailors will march from the dockyards to Halifax City Hall as part of the navy's 100th anniversary celebration.

Sailors to march through city in celebration

JENNIFER TAPLIN
jennifer.taplin@metronews.ca

Today's schedule

- HMCS Fredericton will return to CFB Halifax at 8:30 a.m.
- At 10 a.m., 1,000 sailors including a 50-person guard, flag party, and two gun crews will march to city hall from the navy dockyard. When they arrive at the Grand Parade, they will request the Freedom of the City from Mayor Peter Kelly.
- Kelly will proclaim May 4 as Navy Centennial Day.
- HMCS Toronto will host an enrolment ceremony for 25 new sailors at 2 p.m.

carrying two large guns, to ask the mayor for the Freedom of the City.

"It's really nice to be a part of the navy in this point in time," Cholock said. "There are a lot of huge things going on this year and it's going to be exciting."

Besides international port visits and a fleet review, the Queen will visit

this summer to mark the occasion.

Mayor Peter Kelly said he's stoked to inspect the sailors and read a proclamation this morning.

"For us it's a true recognition of the contributions the navy has made to this area," he said.

"We are interlinked and always have been and always will be."

Around 10,500 people — military and civilian — are employed at CFB Halifax and at 12 Wing Shearwater. The forces contribute about \$700 million a year in the HRM.

While he hands out the Freedom of the City at least once a year to smaller units, Kelly said this is the biggest ceremony he can remember.

"It's not often you get to bestow the Freedom of the City for recognition of contributions in such a centenary," Kelly said.

Capt. Craig Walkington, co-ordinator of the Maritime Forces Atlantic Canadian Naval Centennial, said he's expecting between 2,000 and 3,000 spectators at the parade this morning.

Fredericton's return 'tweaked' to arrive today

JENNIFER TAPLIN
jennifer.taplin@metronews.ca

HOMEcoming It's more than a happy coincidence 240 sailors on board HMCS Fredericton will return home on the navy's 100th birthday.

The Fredericton is returning this morning from a six-month deployment in the Arabian Sea and Indian Ocean.

"We would never delay the return of a ship, especially after a six-month deployment, but we were able to tweak the time so they would be able to arrive in Halifax on the 100th anniversary," said Capt. Craig Walkington, an organizer of today's centennial celebration.

The Fredericton was on a NATO assignment to counter piracy and terrorism. A sister ship, HMCS Toronto, is docked outside the Maritime Museum of the Atlantic today. "The public can see it from the jetty, but it won't be open for tours," Walkington said.

Customs

- Capt. Craig Walkington said the frigate made a weekend stop in St. John's to pass customs, so as soon as it docks in Halifax crew members can step right into the arms of their families.

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Local



Backstreet Boys tix up for grabs

The Backstreet Boys are back again. The pop-music heartthrobs are returning to Halifax for a performance at the Metro Centre on Aug. 18 at 8 p.m. The show is part of a three-week-long Canadian tour that includes a second Maritime stop in Saint John, N.B., on Aug. 19. Tickets are \$64.50 each plus service charges and go on sale Saturday at 9 a.m. Tickets are available at all Ticket Atlantic outlets, online at ticketatlantic.com or by phone at 451-1221. METRO HALIFAX

Seniors seriously hurt in collision between vehicles

ACCIDENT Two seniors believed to be in their 80s were taken to hospital with what police say were serious injuries after a two-vehicle accident yesterday afternoon on the Hammonds Plains Road.

Halifax Regional Police say it looks like the couple were coming out of a driveway when their car was struck by an on-coming pickup truck towing a trailer and travelling out-bound near Innovation Drive at 4:50 p.m.

Both adults in the car were taken to the QEII Health Sciences Centre. The driver of the truck wasn't injured.

Hammonds Plains Road was reduced to one lane in each direction for several hours as police investigated the crash. METRO HALIFAX

It ain't me, babe

Dylan appearance at Halifax Rocks unlikely, as July 23 lineup will feature artists new to city

PHILIP CROUCHER
philip.croucher@metronews.ca

It looks like Bob Dylan won't be performing at the Halifax Common this summer.

Rumours of the rock legend headlining the July 23 portion of Halifax Rocks 2010 have been swirling over the last several weeks, but Metro has learned the yet-to-be-announced lineup for the rock show will feature a "fresh new lineup of artists" who haven't performed in the city before.

That rules out Dylan, who has performed twice in Halifax at the Metro Centre, including most recently in May of 2008.

Michelle MacKay of Power Promotional Concepts wouldn't disclose yesterday the artists performing at the July 23 show, but said the lineup has been basically determined. She said only the paperwork is left to be completed.

She said an announcement for the rock show is tentatively scheduled for late next week, with tickets to go on sale May 21. At least three groups should be announced.

Halifax Rocks 2010 will run on July 23 and 24 on the Common site, which last year saw tens of thousands come out for both Paul McCartney and Kiss.

The Saturday, July 24 portion of Halifax Rocks will see the Black Eyed Peas headline, with indie-rockers Weezer and local rapper Classified also tak-



Musician Bob Dylan, seen in this 2009 file photo, has been widely rumoured to be headlining the July 23 portion of Halifax Rocks 2010. But Metro has learned the show will feature artists who haven't performed in the city before, which rules out Dylan.

ing to the stage.

MacKay said there is another group still to be announced for that second show also.

She wouldn't disclose how many tickets have been sold for the Black Eyed Peas to date, but said they're going very well.

General-admission tickets for the July 24 portion of Halifax Rocks 2010 cost \$109, including service charges. The "early-bird"

tickets are available until May 17.



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Psych exam ordered after sex assaults on woman, cat

COURT A Dartmouth teen has been ordered for a psychiatric assessment after pleading guilty yesterday to sexually assaulting a cat and a woman.

The 16-year-old, who can't be named under the Youth Criminal Justice Act, pleaded guilty to five charges yesterday in Halifax youth court, including bestiality and sexual assault of a woman.

Sentencing is scheduled for June 9.

According to the CBC, four of the charges the teen pleaded guilty to relate to incidents from last

October involving a woman. They are sexual assault, assault, forcible entry into a home and breaching probation.

The other guilty plea came from an incident on Jan. 16 when the boy sexually abused his family cat.

According to the CBC, the psychiatric assessment is to determine whether the youth can be placed in the Initiative for Sexually Aggressive Youth, a treatment program at the IWK Health Centre for youth with sexually inappropriate behaviour. METRO HALIFAX

Officials call in helicopter to extinguish midday brush fire

BLAZE Officials had to use a helicopter to put out a fire in HRM yesterday afternoon when firefighters couldn't reach it by foot.

Halifax Regional Fire and Emergency Service first received reports around midday of smoke coming from woods between Old Sambro and Herring Cove roads. But they couldn't get close enough to fight

the fire.

Instead, a Department of Natural Resources helicopter was called in and by about 2 p.m. the fire had been extinguished.

In total, the fire spread across about one acre of forest. There were no homes nearby under threat and no one was hurt. METRO HALIFAX

Boater's body found after vessel capsizes

RECOVERY The body of a 27-year-old Cape Breton man who went into the water after the speedboat he was in capsized near the Mira Boat Club has been recovered.

Police and firefighters responded to the boat club around 4 p.m. Sunday afternoon after witnesses said the boat went underwater about 300 feet from shore. His body was found

around 9 a.m. yesterday near the Mira Boat Club.

A second man who was in the boat was able to swim to shore. Efforts to find the missing boater — who has been identified as Cyril Hardy of Howie Centre — included the Cape Breton Ground Search and Rescue, the Cape Breton Regional Police dive team and the Canadian Coast Guard. CAPE BRETON POST

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Video Canadian reporter Michelle Lang honoured as newsrooms fall silent for World Press Freedom Day



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Just under 1,000 students graduated from St. Francis Xavier University at the spring convocation. The university also conferred four honorary degrees during the ceremonies Sunday in Antigonish. The four included Flora MacDonald, Canada's first female foreign minister, and Halifax ophthalmologist and surgeon Dr. Brian O'Brien. **THE CANADIAN PRESS**

Cape Breton dog honoured as hero

Chance shatters nomination record with more than 400 for guarding lost boy

The family dog that stayed by an autistic Cape Breton boy lost for two days in frigid conditions and helped searchers locate him had his hero status cemented yesterday as an inductee into the Purina Animal Hall of Fame.

Chance joined two other dogs and a cat among the four-legged heroes being honoured at an emotional ceremony attended by the family of the late James Delorey.

Several audience members dabbed away tears as a short video retrospective recounted the story of the seven-year-old's disappearance and death which captured the attention of Canadians late last year.

James followed Chance into a wooded area near his home in South Bar, outside Sydney, early last December.

The mixed-breed dog returned two days after James disappeared. Searchers were able to trace Chance's paw prints in the snow to near where the unconscious boy was found.

Despite surviving for two days in the frozen wilderness without winter clothes, James died later in hospital of hypothermia.



Chance rides in the hearse carrying James Delorey's casket, near Sydney in this Dec. 14, 2009 photo. The family dog, who helped lead searchers to a lost autistic Cape Breton boy, is one of the latest inductees into the Purina Animal Hall of Fame.

The story clearly struck a chord and reverberations were felt with this year's nominations. While the Hall of Fame typically fields one to three nominations for potential honourees,

Chance shattered the record with more than 400. James's mother, Veronica Fraser, who attended the ceremony with her nine-year-old son, Jesse, and her sister, Laura, was moved by

the considerable outpouring of support to recognize the nine-year-old dog.

"It was so overwhelming, really good to see that so many people cared and so many people acknowl-

edged what Chance has done for my son ... keeping him company and keeping him from being scared the last two days of his life," she said in an interview yesterday. **THE CANADIAN PRESS**

Autism report recommends network of regional care centres

HEALTH CARE A team of advisers is telling the Nova Scotia government it should set up a network of regional centres to provide a wide range of care for people living with autism. The team issued a report

yesterday that includes 53 recommendations aimed at helping the province deal with the increasing number people diagnosed with the complex neurological disorder.

The report says "total

care centres" should be established throughout the province to provide access to counselling, speech and occupational therapists, behaviour therapists and psychologists.

As well, the team says

each centre should have an "autism navigator" who would guide families through the process of finding the right help.

There is no indication of how much it would cost to set up such a network, but

the report says it could be done using existing facilities and services.

Education Minister Marilyn More says the NDP government is expected to respond to the report in the fall. **THE CANADIAN PRESS**

Lock up homes, sheds: Police

BREAK-INS More than fresh air is creeping in through doors and windows.

Police are warning people to lock up their doors and windows after a number of recent break-ins throughout the HRM.

"This time of year people are opening their doors and windows and they want to get the fresh air into their house after the winter, and often times they forget to lock the door when they're done," said Const. Brian Palmeter,

a spokesman for Halifax Regional Police.

"We just want to remind citizens to be vigilant and lock their doors and windows and same with their sheds."

Although he hasn't seen many thefts from sheds yet this year, it is a seasonal problem.

"People are accessing their sheds to get toys and lawn tools out and they often forget to secure it," he said.

JENNIFER TAPLIN/METRO HALIFAX

News in brief

CHARGES A 14-year-old boy has been charged after police say a rock was thrown at a passing vehicle Sunday night in Cole Harbour. Halifax RCMP say the victim was driving on Hillsboro Drive when his vehicle was hit by a rock, damaging the driver's

side window. Police say the victim then saw two male and two female teens running towards Auburn Drive High School. Officers found the four, arresting the 14-year-old male. He was released and will appear in youth court. **METRO HALIFAX**

Winter Games Torch officially lit in Ottawa



Four-time Olympic medallist and Canada Games alumna Jennifer Botterill, right, and Sue Hylland, president and CEO of the Canada Games Council, centre, light the Halifax 2011 Canada Games torch, held by games chair Jean-Paul Deveau at the Centennial Flame yesterday in Ottawa as local students look on. The official lighting marks the beginning of the Games torch program leading up to the Winter Games in Halifax starting on Feb. 11.

Online critics nameless no more: Lawyer

DEFAMATION Two Halifax firefighters can now pursue libel suits after their lawyer received the names of anonymous commentators who criticized them on the website of a weekly newspaper.

Michelle Awad, the attorney for Halifax fire chief Bill Mosher and deputy chief Stephen Thurber, said yesterday she has the information she needs to find and sue the commentators from the Coast newspaper's website.

"We have information that identifies individuals. So it's no longer an anonymous person or an email address that doesn't necessarily specify the person's name," she said.

Awad applied for the identities of the online commentators in a series of court appearances.

The first step was on April 14, when Nova Scotia Supreme Court Justice Heather Robertson ordered Coast Publishing Ltd. to provide identifying information about the commentators, who used online names like "scandalous 2010" or "LessTalkMore Action."

Robertson said during the hearing that the court doesn't "condone the conduct of anonymous Internet users who make defamatory comments."

Her order made it clear that online critics can't keep their identities secret. The Coast complied, providing email addresses and Internet protocol addresses — identifying numbers for the Internet connections to a computer.

Awad then obtained a second court order that required Internet service providers BellAliant and Eastlink to provide full addresses and names based on the computer addresses.

The firefighters are still awaiting identifying information from Eastlink for a person who used a Gmail account provided by Google. Awad said she expects that by the end of the week.

She said her clients have a year to decide whether they'll launch a libel lawsuit.

In the meantime, she said she's pleased the courts responded quickly and that the message is being sent that anonymity isn't guaranteed.

THE CANADIAN PRESS

Coalition head not buying More's reasons

Right to Know Coalition leader says study on gambling should be released

PAUL MCLEOD
paul.mcleod@metronews.ca

The head of a freedom of information advocacy group is complimenting one provincial minister and shaking his head at another.

Transportation Minister Bill Estabrooks should be congratulated for ordering the release of studies around whether to build a new trade centre, said Darce Fardy, head of the Right to Know Coalition and former freedom of information review officer for the province.

Department staff had been heavily censoring the reports before Estabrooks' decree.



Marilyn More

But Fardy doesn't understand why Education Minister Marilyn More is refusing to release a half-completed study on the social costs of problem gambling.

More said her department killed the study when it discovered serious errors in the methodology. More said she won't release the latest draft of the report because it is rife with inaccuracies and would cause undo confusion to the public.

About \$140,000 was spent on the study before it was cancelled.

Fardy says the freedom of information laws are clear, and not releasing

something to the public because it's potentially confusing is never mentioned.

"The act is there and it's pretty explicit, and that isn't one of the exemptions," he said.

"There may be some legitimate exemption, but one of them can't be that people wouldn't understand it. I mean, they wouldn't release the budget because half of that people don't understand."

Reached at the legislature yesterday, More said again that the methodology of the report was deeply flawed. She said concerns were brought to the contractor, but never addressed.

When asked whether her department could block freedom of information requests to release the studies, More said she wasn't sure.

"I'm not an expert on the interpretation of the freedom of information act so this is something I'll have to consult with my senior officials about," she said.

One department staffer confirmed document requests have been filed, but said it will be up to the department's freedom of information review officer to decide what is released.

ShareYourViews

halifaxletters@metronews.ca

Pension clawbacks draw protest from former government workers

PROTEST About 150 former government workers gathered outside the legislature yesterday to protest clawbacks in their pension benefits.

The retirees are upset about losing annual cost of living indexing, which is replaced by 1.25 per cent raises for five years. After that point the raises will only continue if the plan is fully funded.

The group plans a legal challenge to the changes.

Finance Minister Graham Steele said the changes are "difficult but necessary."

"There is a substantial unfunded liability in the plan. The longer we put it off, the more difficult the problem becomes," he said of the 69 per cent funded plan. "Our objective here is to make the plan better and stronger so it's there for pensioners far into the future."

Steele said government lawyers believe the changes are completely legal.

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The federal Conservative government is resurrecting a bill to combat white-collar crime with tougher sentences for fraud. The legislation was among about a dozen tough-on-crime bills that died on the order paper when Prime Minister Stephen Harper prorogued Parliament in December. **THE CANADIAN PRESS**

Canada



Slain reporter wins press award

Michelle Lang, left, a reporter who was killed on the job in Afghanistan, has been named this year's winner of the Canadian World Press Freedom Award. The Canadian Committee for World Press Freedom named Lang, who worked for the Calgary Herald, as the recipient at its annual luncheon Sunday. Lang and four Canadian soldiers were killed last Dec. 30 when the armoured vehicle they were in struck a roadside bomb. **THE CANADIAN PRESS**

Spending review kicks off

FINANCES The Harper government has launched a review that it says will save \$1.7 billion this year and subsequent years as part of a federal cost-cutting offensive announced in March.

Treasury Board president Stockwell Day says the government will review \$35 billion in spending by 13 departments and agencies to trim five per cent of operational spending.

The organizations being looked at represent one-third of what the review will eventually encompass, with the second round coming onstream in 2011 and the third in 2012.

When it is done, Day suggested the government could trim more than \$5 billion from about \$240 billion it spends annually.

"Nobody across government is going to be spared," he said.

Program review has been a policy of the government for years, but the difference going forward is Ottawa intends to pocket the savings rather than reallocate them. **THE CANADIAN PRESS**

Ottawa Centennial stamps



Chief Petty Officer 2nd Class Cheryl Bush helps unveil two stamps commemorating the Canadian navy's centennial yesterday at the Canadian War Museum in Ottawa. Bush appears on one of the stamps that depicts the HMCS Halifax.

News in brief

OPIOIDS A rise in prescriptions for opioids like OxyContin has spurred a group of Canadian doctors to develop new guidelines to cut back on growing misuse of the drugs. Consumption of prescription opioids in Canada jumped 50 per cent be-

tween 2000 and 2004, making Canadians the world's third-largest per capita users of the drugs.

DONATIONS Stephen Harper's Conservatives raked in more donations in the first three months of this year than all the

other federal parties combined. According to first-quarter financial reports filed with Elections Canada, the Tories raked in just over \$4 million from more than 32,000 donors. **THE CANADIAN PRESS**

Top officials picked docs, inquiry told

'No one individual' responsible for withholding files: Testimony

A small but powerful group of senior public servants chose which Afghanistan detainee documents to turn over to a military watchdog, an inquiry has heard.

But it took nearly an hour of questioning yesterday before the Military Police Complaints Commission learned who decided to withhold reams of paper on prisoner transfers.

Foreign Affairs' top bureaucrat eventually told the commission that the heads of several departments met about the documents.

"There wasn't a name," deputy minister Len Edwards said. "This was a collective decision that was taken among senior officials on the basis of advice of counsel ... It was a consensual decision."

"No one individual took the decision."

Those senior officials came from Foreign Affairs, National Defence, CIDA and Public Safety. Also at the meetings were Justice Department lawyers and the clerk of the Privy Council, the bureaucratic arm of the Prime Minister's Office.

That deputy minister-level group, as it was called, was formed after Parliament voted to extend the Afghan mission for two more years in the

Pages

- The Military Police Complaints Commission first asked Foreign Affairs for 100,000 pages, later whittled down to some 4,000 pages. But just 680 have been turned over in the last three years. Buried somewhere in that paper are a former foreign service officer's reports of alleged torture in Afghan jails.

spring of 2008. Before that, a group of assistant deputy ministers from Foreign Affairs, National Defence and other departments made those decisions.

Further delaying things yesterday was a federal lawyer's objections to attempts to name the specific people who made the documents decision.

Justice Department lawyer Alain Prefontaine said the government is responsible for the paper jam of Afghanistan detainee documents, not the bureaucrats. **THE CANADIAN PRESS**

Did you hear the news?

Nona Fuller, President of Hearing Institute Atlantic, is pleased to welcome Kim Griffith to the clinical team at Hearing Institute Atlantic.



AUDIOLOGIST, Kim Griffith

Kim is a graduate of the Dalhousie School of Human Communication Disorders with a Master of Science degree in Audiology. Kim also holds a Bachelor of Psychology from Memorial University. Kim has been practicing audiology in both hospital and private practice settings and is passionate about helping people to hear better. Kim, a certified audiologist, is an expert in diagnosing and treating hearing loss and looks forward to meeting our patients and welcoming new patients to her hearing practice at 1160 Bedford Highway, Bedford, NS.

As our practice grows, we are thrilled to offer our patients continued excellence in clinical staff. The addition of Kim to the team in Bedford builds our clinical staff with not only audiology expertise, but warm, caring personalities and a true dedication to improving your hearing health care.

We welcome Kim on our, and your, team.

May is Hearing Awareness Month

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Parole hearing cancelled for man who killed six campers

MURDERS The National Parole Board has cancelled an upcoming hearing for a man who killed six members of a family during a camping trip in 1982.

The board says David Ennis indicated he didn't want a full parole review to go ahead in September.

Another hearing has been scheduled for September 2012 as is required by

law.

Ennis shot George and Edith Bentley, their daughter Jackie Johnson and her husband, Bob, as they sat around a campfire.

He kept the Johnsons' 11- and 13-year-old daughters alive for nearly a week and sexually assaulted the older girl before killing them both.

THE CANADIAN PRESS

Tiger still adorns a few Gatorade bottles ... sort of

A Colorado man who replaced labels on dozens of Gatorade bottles with an image of Tiger Woods and his wife and the word "unfaithful" has been fined \$1,000 US. **THE ASSOCIATED PRESS**

7

World

BP to grab cleanup tab

Company takes responsibility for oil spill response

British Petroleum PLC said yesterday that it will pay for all the cleanup costs from a massive oil spill in the Gulf of Mexico that could continue spewing crude for at least another week.

Meanwhile, chief executive Tony Hayward said yesterday that chemical dispersants have worked to some degree to keep oil

Pointing fingers

• BP chief executive Tony Hayward said the equipment that failed on the rig belonged to owner Transocean Ltd., not BP, which operated the rig.

from flowing to the surface, though he did not elaborate. He said on ABC's Good Morning America

that the new approach seemed to be working. The company said it took responsibility for the response to the spill and would pay compensation for legitimate claims.

"We are responsible, not for the accident, but we are responsible for the oil and for dealing with it and cleaning the situation up," he said. **THE ASSOCIATED PRESS**

Indonesia Grounded in faith



Mud-covered dancers perform during the opening ceremony of a Qur'an recital festival in the outskirts of Jakarta, Indonesia yesterday. The recital is intended to help followers of the faith with the meaning of the Qur'an and the importance of the holy month of Ramadan.

Pakistani Taliban promise U.S. attacks post-N.Y. scare

THREAT The Pakistani Taliban promise future attacks on U.S. cities and appear to claim responsibility for an attempted car bombing in New York in three separate videos that surfaced after the week-end scare, monitoring groups said yesterday.

U.S. authorities have played down the potential connection between the

Pakistani militant network and the recent car bomb attempt in New York, saying the group does not have the global infrastructure to carry out such a strike.

However, the Pakistani Taliban is allied with large networks like al-Qaida, which could expand its reach.

THE ASSOCIATED PRESS

Police: Korean B-boys fake illness to avoid army

SOUTH KOREA Nine South Korean break dancers were arrested yesterday for pretending to have schizophrenia and other mental illnesses in order to escape compulsory military service, Seoul police said. South Korea requires all able-bodied men aged 18 to 35 to serve two years.

THE ASSOCIATED PRESS

News in brief

IRONY The Milwaukee Bucks' rallying cry — "fear the deer" — turned into a punchline Sunday afternoon when two deer burst through the glass doors of a Menominee restaurant as patrons watched a Bucks play-off game. The first deer appar-

ently hurt itself, bloodying its snout and becoming dazed, said the manager of the Stout Ale House. Two customers were able to safely wrestle it to the ground.

THE ASSOCIATED PRESS



Mum's the word:
Chinese tight-lipped as Kim Jong Il reportedly visiting China.

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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

Shift in media power on horizon

NationalReport

Lawrence Martin

metronews.ca/nationalreport

It's barely been in the news, but one of the biggest political stories in a long time will likely happen this week. More than half the major newspapers in the country belong-

ing to the Canwest chain are being sold off.

The winning bidder will gain enormous power — the capacity to shape national discussion. The bidding process has been kept so quiet that little is known about the major candidates for the big prize. But parties representing the right, the centre and the centre-left are apparently in the running.

The newspapers, including the National Post, have been under conservative di-

rection since the late 1990s and have been of major benefit to that cause.

Never mind the Jaffer affair, never mind the Afghan detainees controversy. If the conservatives lose these jewels, which also include major papers in Vancouver, Edmonton, Calgary, Ottawa and Montreal, it would be a bigger blow to Stephen Harper than either.

The reason there has been such little discussion about the sell-off is that media don't do an adequate job

of covering media. The old cliché about nobody watching the watchdog applies. In this case, there's a good reason. Since many of the bidders already own large swaths of media, there's too much self-interest for the reporting to be seen as being objective.

There is also, regrettably, no discussion about the issue of concentration of media ownership. This is the ideal time to debate the problem, but there has been none. The papers, apparent-

ly, are going to be sold in one big block, meaning the monopoly situation will continue and perhaps worsen.

Media concentration in Canada is among the highest in any Western country. In the mainstream media, a small number of players control what we read, see and hear. Several studies over the years, the last being a Senate report in 2006, have all warned of the dangers of concentration but hardly anything has been

done. No government has had the courage to act.

Fortunately, the rise of non-traditional media is dinging the domination of the big mainstream players. But it's still a lamentable situation when one family or small group, no matter what side of the political spectrum they represent, can control most of the major newspapers in this country.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Developing a detailed sex ed program

InStep

Christine Williams

The decision by Ontario Premier Dalton McGuinty to postpone the implementation of a sex education curriculum was a wise one, even in the face of exasperated educators, social workers and public health professionals.

The curriculum was denounced by conservative lobbies and religious groups that accused Ontario of promoting a homosexual agen-

da to children. Even secular parents expressed concern about explicit, age inappropriate subject matter for children. It's a pity the central issue got lost in the fray: The need for a comprehensive sex education curriculum with public consultation.

Educators have long complained about a dichotomy that exists between them and parents. A key player in this controversy has been Elizabeth Schroeder, executive director of an organization called Answer, based at Rutgers University. Answer promotes sexuality education. In reference to McGuinty's decision, Schroeder diminishes her cause by audaciously stat-

ing that educators need to "stick our feet in the ground" and say "we are the educational experts. We certainly don't have parents deciding how to teach math." Such an attitude does little more than fan flames.

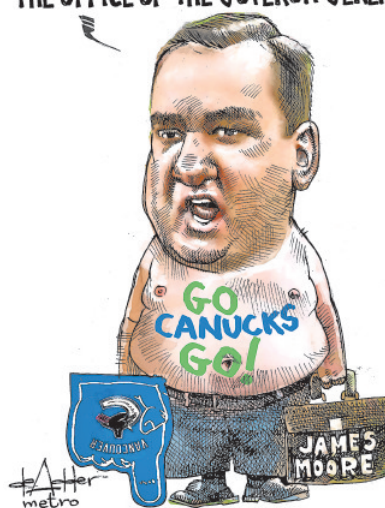
Youngsters are experimenting with raging hormones, a desire to explore, a desire for sexual approval and acceptance. It is illogical to steer clear of a comprehensive sex education curriculum in elementary schools given the reality of teen pregnancies and the risk of contracting an STD. But we need to convey the message in a way that educates parents as well as their children.

Many parents are oblivious about their children's sexual behaviour, which, according to many professionals I have interviewed, even takes place in washrooms in between classes. Sorry to break the news, but statistically this also includes children from religiously conservative families who have been bitten by the sexualized culture bug.

Educators in every province could learn from this as we collectively bear the responsibility for educating our youth in an area that could and does impact their entire lives.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

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MICHAEL DE ADRER

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Sears

Nintendo Co. is trying to expand U.S. sales of the Wii by throwing in an extra game and its MotionPlus accessory for making the console's signature motion-sensing wand more precise. The company is also offering a black version of the system as an alternative to the game system's white casing. **THE ASSOCIATED PRESS**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

'One million iPads in 28 days'

GADGET Apple Inc. said yesterday that it has sold one million of its iPad tablet computers in the month after its launch, meaning it's been selling more than twice as fast as the iPhone did when it was new.

Apple said it reached the milestone on Friday, when the new 3G model of the iPad was delivered to its first buyers.

"One million iPads in 28 days — that's less than half of the 74 days it took to achieve this milestone with iPhone," said CEO Steve Jobs.

In Canada the iPad will be available at the end of May. **THE ASSOCIATED PRESS**

Shaw acquires Global TV

Deal gives cable operator control of many popular programs

Shaw Communications is taking over Canwest's Global television network and a stack of popular cable channels, a move Canada's largest cable operator says will put it on the cutting edge of TV in the digital age.

The \$2-billion deal all comes down to content — popular programs like Global's House, Glee and Showcase's Trailer Park Boys — and Shaw's ability to sell it on the Internet, through mobile devices and via video-on-demand.

Shaw, until now primarily a cable TV and Internet

provider, will get 11 local Global TV stations across Canada and a group of specialty channels, including Showcase, MovieTime and HGTV, some of which were acquired from Alliance Atlantis in 2007.

It also gets the broadcast rights to a variety of Canadian TV shows, as well as valuable agreements with U.S. networks.

The price tag includes \$700 million in cash that Shaw will spend to buy the piece of a key Canwest

Global subsidiary currently owned by New York-based investment bank Goldman Sachs and bought in 2007 from Alliance Atlantis.

For Shaw, it means access to a wide range of broadcast content — something it has long been interested in as it prepares to also enter the wireless market.

The multibillion-dollar agreement met with a mixed reaction from the investment community. Some analysts question the wisdom of spending bil-

lions of dollars on a technological shift that is still in its infancy.

But in time, the doubters will be silenced, Shaw president Peter Bissonette said in an interview with The Canadian Press.

"They haven't recognized yet just how much importance to place on owning this content," Bissonette said.

"We see that as time goes on, the value of this content is going to go up, and up, and up. To be in the position to control it... we just think is absolutely prudent." **THE CANADIAN PRESS**



Shaw CEO Jim Shaw



Canwest headquarters in Winnipeg

Torstar bids for Canwest assets

MEDIA The owner of the Toronto Star says it has entered its bid for the newspaper assets of Canwest, the media giant that has been restructuring under protection from its creditors.

Torstar Corp. says it submitted a formal offer on Friday, putting to rest speculation that the publisher of Canada's biggest newspaper was having trouble finding financing.

THE CANADIAN PRESS

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Flight World's largest airline



A Continental Airlines plane passes an United Airlines plane at George Bush Intercontinental Airport in Houston, Texas. The firms have agreed to form the world's largest airline in a \$3-billion deal as their industry consolidates under competitive and economic pressures that make profitability an elusive goal.

U.S. consumers break piggy banks to spend more

ECONOMY U.S. consumer spending rose in March by the largest amount in five months but the gains were financed out of savings, which fell to the lowest level in 18 months. A slight rise in incomes added to concerns that the recovery could weaken unless income growth increases more rapidly.

The Commerce Department said consumer spending rose 0.6 per cent in March, matching economists' expectations. Personal incomes edged up just 0.3 per cent, raising new worries about lacklustre income growth.

March's surge spending was propelled by savings, which drove the personal savings rate down to 2.7 per cent of after-tax incomes, the lowest level since September 2008.

The fear is that income growth will remain weak, reflecting severely high unemployment, as the job

3.6 The healthy first quarter GDP gain was driven by a big rebound in consumer spending, which powered ahead at an annual rate of 3.6 per cent, the best showing in three years.

market continues to show the effects of the nation's worst recession since the Great Depression.

Unless businesses boost hiring, households will not have the incomes needed to support consumer spending, which accounts for 70 per cent of economic activity. That would put the economic recovery in jeopardy.

The government reported Friday that the broadest measure of economic activity, the gross domestic product, grew at an annual rate of 3.2 per cent in the

January-March period. That marked the third quarterly increase since last summer. Most economists believe the recession, which began in December 2007, probably ended in either June or July or last year.

The 0.3 per cent rise in incomes in March followed a tiny 0.1 per cent increase in February and a 0.4 per cent advance in January.

The 0.6 per cent rise in consumer spending, which matched last October's gain, followed a 0.5 per cent rise in February and a 0.3 per cent January increase. **THE ASSOCIATED PRESS**



After Google spat, China's next Internet crackdown targets 'hostile overseas forces.'

Scan code for more. Learn how to scan on the Local page.

Carmaker flaunts sales numbers

AUTO SECTOR Ford Canada enjoyed a bumper sales month in April.

The automaker says it sold 23,441 vehicles last month, a 24.5 per cent increase over the 18,828 it sold in April 2009.

Ford Canada says it experienced strength across its entire lineup, but that truck sales led the way with a 27.5 per cent increase.

Sales of Ford cars were up 14.4 per cent.

So far this year, Ford sales are 27.7 per cent higher than in January to April of 2009. **THE CANADIAN PRESS**

In brief

SOFTWARE In a post on its website, BumpTop announced it had been acquired by Google and thanked users for their support. A free version of the software will be available for download for the next week, BumpTop said. **METRO NEWS SERVICES**

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Your Money

It's always good to have choices

AlisonOnMoney



metronews.ca/alisononmoney

was introduced to the concept of twos by an economics professor in Edmonton who specialized in buying small businesses. His method was to have at least two in hand to compare. His strategy wasn't just about getting the best deal.

Rather, he found that by having two legitimate contenders to evaluate, the emotion involved in buying was reduced. He also discovered that after putting two different compa-

nies through a rigorous analysis, he often chose the one that he had initially found least attractive.

I try to apply the same principle to houses, cars and other big ticket items. Even if it's love at first sight with a house and/or a condo, for instance, have at least one other property to compare it with.

The comparison exercise often teaches you a great deal about your intended purchase.

Make a detailed list of

the attributes of each contender from price to square footage, needed repairs or renovations, location, distance to work and services, taxes, utility costs, and other characteristics such as natural light and potential for expansion.

sion.

Next, go over the list thoroughly with your partner, friend or family member.

This discussion will help you focus on what is really important to you.

Frankly, this strategy has saved me from buying the wrong house a couple of times and never fails to

give me insight into what my family really needs and wants in a house, which is sometimes different than what we think.

The rule of twos works with cars as well. There aren't too many things more seductive than new wheels.

Isn't that exactly what auto designers are all

about? Going through the rules of twos process will help you get beyond the glitz and glitter to the important points of mileage, resale value, repair record and suitability for your lifestyle.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Alison's Money Rule:

When you're buying significant items such as cars and houses always have two on the table at the same time for comparison's sake.

On the web

Investing: Allan Small discusses the best ways to maximize your tax refund. Visit metronews.ca/investing



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The Saint John Sea Dogs host the Moncton Wildcats in Game 3 of the QMJHL President Cup final tonight at Harbour Station. The Sea Dogs, who won the regular-season crown, have dug themselves into a 2-0 hole in the best-of-seven series. **METRO HALIFAX**

Sports



Dixon won't return to club: Report

Halifax's Stephen Dixon, left, is not expected to return to Brynas IF Gavle after two seasons with the Swedish Elite League club, according to the newspaper Gefle Dagblad. The former Pittsburgh Penguins draft choice has 62 points in 106 games in two seasons with Brynas. **METRO HALIFAX**

EDITOR: DON.MCHOULL@METRONEWS.CA

Mooseheads have plenty of options in Knotek situation

MATTHEW WUEST
matthew.wuest@metronews.ca

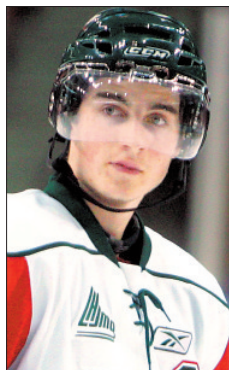
HERD There is no rush for the Halifax Mooseheads to sort out the Tomas Knotek situation.

Knotek, the club's captain and two-time MVP, will be placed on a special protected list for 20-year-old over-age Europeans, which will allow the Mooseheads to make a selection with the third overall pick in the Canadian Hockey League import draft in late June.

CHL teams are allowed to carry two Europeans. The Mooseheads currently have Knotek and German defenceman Konrad Abeltshauser occupying those spots.

Although Knotek is far and away the Mooseheads' most gifted offensive player, the lure of drafting a younger import with more future potential may be too much to ignore.

"Tomas is a guy who would put up very good numbers for us so we're trying to figure out what to do there," Mooseheads general manager Cam Rus-



Tomas Knotek

sell said. "Tomas would like to play in North America, he wants to come back and play and he would definitely play for us again."

With Abeltshauser looking entrenched as a cornerstone for the next two seasons, the Mooseheads basically have three options: Trade Knotek; trade the import pick; or keep Knotek and use the pick on a player who doesn't want to report until 2011-12.

"We have lots of different scenarios, lots of ideas we're throwing around," Russell said.

Matheson gets No. 1 rank

D-man considered cream of QMJHL draft crop by Central Scouting

MATTHEW WUEST
matthew.wuest@metronews.ca

By the time the Halifax Mooseheads pick second overall in June's QMJHL draft, Michael Matheson is expected to be off the board.

That's the word from the league's Central Scouting department, which pegs the six-foot-one, 170-pound defenceman as the No. 1 prospect available in the June 5 draft in Drummondville, Que.

Matheson, who played for the Quebec midget AAA Lac St-Louis Lions, overcame injuries and a slow start after being used as a forward early on to turn the heads of scouts in the final two months of the season.

"Since March 15, it was a race for who would be No. 2 after him," said Central Scouting director Patrick Charbonneau. "The last two months, he set himself apart. I have to say if you asked most teams in the Q, 90 per cent, if not 100, would agree with (him at

No. 1). For me, he's the first one to take."

The Baie-Comeau Drakkar pick first overall. Matheson, who had 11 points in 30 games, is blessed with outstanding skating ability and projects as a two-way No. 1 rearguard.

"I compare him to Scott Niedermayer," Charbonneau said. "He's the kind of defenceman who skates well with the puck, moves the puck, plays on the power play and also plays well defensively."

Forward Luca Ciampini, who plays for the Chateauguay Patriotes, was ranked second after producing 18 goals and 25 assists for 43 points in 38 games.

"He's a goal-scorer and he can score from everywhere," Charbonneau said. "I compare him to Dany Heatley. When he gets the puck close to the net, the puck goes in."

Two big, skilled defencemen — Dominic Poulin and Jermie Fraser — are next on Central Scouting's list, followed by forward Stefan Matteau, the son of



Michael Matheson



Liam O'Brien, a Halifax native who plays for the Notre Dame Hounds midget AAA squad, is ranked seventh for the QMJHL draft.

former NHLer Stephane Matteau.

Halifax natives Taylor Burke and Liam O'Brien are ranked sixth and seventh on the list.

Burke, who plays for the Cole Harbour major midgets, is a power forward who "can play in the league right away and make a big

impact," Charbonneau said. O'Brien, meanwhile, scored the game-winning goal to lift the Notre Dame (Sask.) Hounds to a Telus Cup Canadian midget AAA championship.

Charbonneau called O'Brien an "unbelievable" worker who can play "in any situation."

Borhot could soon be starting for Edmonton, says GM

FOOTBALL Edmonton Eskimos general manager Danny Maciocia was raving about Saleem Borhot after drafting the Saint Mary's Huskies' free safety Sunday.

The Eskimos took Borhot in the second round, 12th overall, de-

spite the fact the Calgary native wasn't invited to the CFL evaluation camp in March.

The six-foot-three, 195-pounder has a reasonable chance at cracking Edmonton's season-opening ros-



Saleem Borhot

ter, especially after Scott Gordon, a veteran safety with the Eskimos, retired Sunday.

"There is a very strong possibility he can come to camp and start for us," Maciocia told the Cal-

gary Herald.

"We think (he) will play there (at safety) for many, many years," Maciocia added.

Borhot had two interceptions and 24 tackles in eight games last season.

MATTHEW WUEST
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Sharper returning to Saints

All-Pro safety Darren Sharper is returning to New Orleans for a chance to repeat as Super Bowl champion in 2010. **THE ASSOCIATED PRESS**

sports 13



Boston Bruins centre Marc Savard checks Philadelphia Flyers defenceman Chris Pronger into the boards last night in Boston.

Bruins build lead

(Boston leads series 2-0)

Flyers 2 Bruins 3



Milan Lucic scored to break a third-period tie with 2:57 left and the Boston Bruins beat the Philadelphia Flyers 3-2 last night to take a 2-0 lead in the best-of-seven Eastern Conference semifinal.

Tuukka Rask made 24 saves for Boston.

Brian Boucher stopped 24 shots for the Flyers.

Game 3 is tomorrow night in Philadelphia.

Miroslav Satan had a goal and two assists for Boston, and Johnny Boy-

chuk also scored for the Bruins, the No. 6 seed in the East that inherited home-ice advantage for the second round when the conference's top three teams were eliminated in the opening round.

Danny Briere scored for the Flyers, and assisted on Mike Richards' goal for his fourth straight multi-point game of the playoffs.

It was 1-1 after one period and 2-2 after two. It stayed that way until Lucic got the puck between the circles, turned around and fired a slapshot past Boucher. It was Lucic's first goal of the playoffs, his first in nine games and just his second in 18 games, dating to March 25.

The Flyers pulled Boucher in the final minutes for

an extra skater, but the best scoring chance was a shot by Boston that was picked off the post by Philadelphia defenceman Chris Pronger to keep it a one-goal game.

Boston has won seven in a row at home after winning just three of their last 17 in the regular season after the New Year's Day Winter Classic against the Flyers at Fenway Park.

The Bruins led by two goals three times in Game 1 on Saturday, but the Flyers tied it with 3:22 to force overtime. Marc Savard, who hadn't played in almost two months because of a concussion, scored the game-winner to give the Bruins the early lead in the series.

THE ASSOCIATED PRESS

SCOREBOARD

NHL PLAYOFFS

YESTERDAY'S RESULTS
Boston 3 Philadelphia 2 (Boston leads series 2-0)
Chicago 4 Vancouver 2 (Series tied 1-1)

TODAY'S GAMES
Pittsburgh at Montreal, 8 p.m.
San Jose at Detroit, 8:30 p.m.

NBA PLAYOFFS
YESTERDAY'S RESULTS
Boston 104 Cleveland 86 (Series tied 1-1)
San Antonio at Phoenix

TODAY'S GAMES
Atlanta at Orlando, 9 p.m.
Utah at L.A. Lakers, 11:30 p.m.

BASEBALL
YESTERDAY'S AL RESULTS
Toronto 5 Cleveland 1
Boston 17 L.A. Angels 8
Chicago White Sox 5 Kansas City 1
Minnesota 10 Detroit 4
N.Y. Yankees 4 Baltimore 1
Texas at Oakland

YESTERDAY'S NL RESULTS
Arizona 9 Houston 1
Cincinnati 3 N.Y. Mets 2 (11 innings)
St. Louis 6 Philadelphia 3
Colorado at San Diego

TODAY'S AL GAMES
Baltimore at N.Y. Yankees, 8:05 p.m.
Toronto at Cleveland, 8:05 p.m.
L.A. Angels at Boston, 8:10 p.m.
Detroit at Minnesota, 9:10 p.m.
Kansas City at Chicago White Sox, 9:10 p.m.
Texas at Oakland, 11:05 p.m.
Tampa Bay at Seattle, 11:10 p.m.

TODAY'S NL GAMES
Atlanta at Washington, 8:05 p.m.
Chicago Cubs at Pittsburgh, 8:05 p.m.
St. Louis at Philadelphia, 8:05 p.m.
N.Y. Mets at Cincinnati, 8:10 p.m.
San Francisco at Florida, 8:10 p.m.
Arizona at Houston, 9:08 p.m.
Colorado at San Diego, 11:05 p.m.
Milwaukee at L.A. Dodgers, 11:10 p.m.

'I guess I saved some for the playoffs': Cammalleri

NHL Michael Cammalleri picked the perfect time to rediscover his scoring touch.

Blanked in the final nine games of the regular season after returning from a knee injury, the left-winger has eight goals in nine playoff games and is one of the leading factors — behind Jaroslav Halak's goaltending — in the Montreal Canadiens' surprising run in the NHL playoffs.

A pair of Cammalleri goals helped the Canadiens earn a 3-1 victory Sunday for a split of the opening two games of their Eastern Conference semifinal series in Pittsburgh. Game 3 is set for tonight at the Bell Centre in Montreal.

"I guess I saved some for the playoffs," Cammalleri

said yesterday. "When (the puck) is going in, everything goes in, and when it doesn't, nothing does."

"That's how it goes for goal-scorers."

The 27-year-old had five goals in Montreal's seven-game upset of the Washington Capitals in the first round, and he has kept it going against Pittsburgh, a stronger defensive opponent.

His goals Sunday were highlight reel material.

On the first, he kicked a rebound up and then batted it from the air over goaltender Marc-Andre Fleury to give Montreal a 2-1 lead. He made it 3-1 and sealed the victory when he took a puck off a defenceman's skate and drilled a high shot to the top corner.

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Broccoli is one of the healthiest vegetables around; packed with vitamin C and fibre. To retain its nutrients, steaming or sauteing are the best ways to prepare it. If you're stir-frying broccoli, use extra virgin olive oil or sunflower oil and lightly stir-fry. **METRO NEWS SERVICES**

Food



Cheesecake AND pancakes!

Weeks after KFC made headlines — not entirely celebratory — by stacking two pieces of chicken around bacon and cheese, IHOP in the United States is introducing a limited-time dessert featuring two pancakes sandwiching a layer of cheesecake. IHOP's Pancake Stackers consist of a crustless cheesecake filling surrounded by two butter-milk pancakes and topped with a strawberry, blueberry or cinnamon apple compote and whipped topping. And yes, the meal can be a diet buster. **THE ASSOCIATED PRESS**

EDITOR: ANN-MARIE.COLACINO@METRONWS.CA

Homemade for mom

A tasty DIY gift of mussels, chicken and crumble

Mother's Day is coming up (it's this Sunday, for those of you who just panicked), and if you're short on cash, but big on love, a homemade meal may be just your ticket into the good books with mom.

Pair this impressive meal with a simple bouquet of flowers and a nice bottle of wine for a lovely DIY Mother's Day. **- CHRISTY PENGILL**

Salsa-Steamed Mussels with Cilantro Broth

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 10 MINUTES
RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

- 2 Tbsp olive oil
- 1/2 cup diced red onion
- 2 garlic cloves, thinly sliced
- 1/2 jalapeno, seeded, finely chopped (about 2 tbsp)
- 1 lime zested and juiced
- 4 pounds mussels, scrubbed, debearded
- 1/4 cup coarsely chopped



Roasted Spice Crusted Chicken with Fennel, Parsley and Olive Salad.

- cilantro**
• 1 baguette, for garnish

METHOD:

1. Heat oil in a large pot set over medium heat. Add onion, garlic and jalapeno

and cook stirring often until onion and garlic are soft and translucent, about 4 minutes. Add tomatoes, wine, lime zest and juice, turn heat to high and bring to a boil.

2. Add mussels, cover with tight fitting lid and cook shaking pan often, until mussels are open, about 3-5 minutes. Use a slotted spoon to divide mussels between 4 large bowls. Stir cilantro into broth, season with salt and pepper and pour over mussels.

3. Serve with crusty baguette on the side for soaking up the delicious broth.

Roasted Spice Crusted Chicken with Fennel, Parsley and Olive Salad

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 15 MINUTES
RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

- 3 Tbsp olive oil
- 1 tsp ground cinnamon
- 1 tsp ground cumin
- 1 tsp fennel seed, crushed
- 1 tsp ground sweet paprika
- 1 tsp brown sugar
- 1 tsp grated lemon zest
- 3/4 tsp ground cayenne
- 1/2 tsp minced garlic
- 1/2 tsp kosher salt



This Cran-Apple Crumble dessert is sure to sweeten mom's day.

- 4 (5oz) boneless, skinless chicken breasts
- 1 cup fresh parsley leaves, stems discarded
- 1 fennel bulb, shaved, fronds chopped and 1 tbsp reserved
- 2 blood oranges, peeled and segmented, 3 tbsp juice reserved
- 1/2 cup black olives, pitted

METHOD:

1. Preheat oven to 450°F. Line a rimmed sheet pan with aluminum foil and set aside.

2. In a large bowl, combine 2 tablespoons olive oil and the next nine ingredients and stir until mixed. Add chicken and using hands or a rubber spatula, rub spice mixture all over chicken. Transfer chicken to prepared sheet pan and roast in oven until cooked through, about 15 minutes.

3. Meanwhile, combine remaining 1 tablespoon olive oil, parsley, shaved fennel and fronds, blood orange segments and juice, and olives in a large bowl and toss until thoroughly coated. Season to taste with salt and pepper. Divide salad among 4 plates and serve with sliced chicken breast.

Cran-Apple Crumble

SERVES 4-6
PREP TIME: 10 MINUTES
COOKING TIME: 50 MINUTES
SUBMITTED BY CHRISTINE LUTEN, VERNON, BC

INGREDIENTS:

- 6 apples
- 3/4 cups fresh or frozen cranberries
- 1/4 cup sugar
- 1 tsp cinnamon
- 1/2 cup flour
- 1/2 cup oats
- 1/2 cup brown sugar
- 1/3 cup softened butter

METHOD:

1. Peel and slice apples into a buttered baking dish (approx. 8" by 8").

2. Sprinkle cranberries over the apples.

3. Sprinkle sugar and cinnamon the apples and cranberries.

4. Mix together flour, oats, and brown sugar. Blend in butter. Spoon over apples and cranberries.

5. Bake at 350°F for 50 minutes. Serve warm with vanilla ice cream.



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'Real food' survey

According to a national survey conducted by Hellmann's (in partnership with Ipsos Canadian Online Omnibus), 87 per cent of Canadians claim that at least half of their meals at home are prepared with real ingredients. **METRO NEWS SERVICES**

Cooking with humour

Bitchin' Kitchen stimulates the appetite and the funny bone

RICK MCGINNIS
for Metro Canada

The dazed, hedonistic '70s were probably the last time a cooking show actively tried to be funny as much as it wanted to stimulate your appetite.

The reeling, mugging antics of Graham Kerr's bibulous Galloping Gourmet were as calculated for belly laughs as tummy grumbles, but Montreal's Nadia Giosia, who wasn't even born when Kerr quaffed wine while risking life and limb with unsteady flam-bés, is hoping to bring the funny back to food television with her show Bitchin' Kitchen.

A veteran of skit comedy and improv, Giosia created her alter ego, Nadia G, out of her own Italian-Canadian upbringing, and surrounded her with a garish kitchen set, an eye-popping wardrobe, and a supporting cast of equally strident comic caricatures, most of



Bitchin' Kitchen host Nadia Giosia, a.k.a. Nadia G.

whom (Panos the Greek butcher and fishmonger and the Spice Merchant, an Israeli with an unpronounceable name) also ardently mine a rich vein of ethnic humour.

"It's not even worth calling them characters," Giosia says over the phone from Montreal, "because we're about one glass of chardonnay away from the

real person. When we were casting for this show friends recommended other friends to come, and we built our characters based on Panos and Yeres, uh, Yiris — whatever his name is.

"I'm really close to my on-screen character. I write all

this stuff and you always want to write about what you know. I'm not constantly prancing around in three inch heels in my own home, but when I'm on I'm on."

Originally pitched as a TV series, Bitchin' Kitchen took a detour onto cell phones and the web, winning acclaim and awards for its short, fast mobile phone episodes before attracting the attention of a U.S. publisher for a cookbook and Canada's Food Network for a full-length version. "The TV series is so much fun because you have a bigger budget to work with and you can create skits and songs and really expand on the theme."

The themes — break-ups, poverty, hangovers, family meals — are riffed on mercilessly, but the recipes always work, and often come from Giosia's home life, which was filled with food.

For Bitchin' Kitchen air times visit food network.ca

Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Liqueur for mom

When I was little I asked my mom why there was a Mother's Day and not a Kid's Day. She, of course, said it was because every day was Kid's Day. The older I get the more I realize how right she was.

Though I'm positive my booze appreciation gene came from her side of the family, mom isn't much of a drinker. She does enjoy a glass of cream liqueur (served over ice) so come Mother's Day I try and surprise her with something different.

Ireland's Bailey's is the benchmark for everything creamy so you'd think they'd leave well enough alone. Nope. **Bailey's Mint Chocolate** (\$27.99 - \$29.99) takes

the original Irish whiskey-based recipe and actually enhances it with minty mocha flavours, while **Amarula Cream** (\$25.95 - \$27.95) from South Africa uses the indigenous marula fruit to make its refreshingly fruity liqueur.

The latest edition to the cream lineup is **Cadbury Caramilk Liqueur** (\$27.99 - \$29.99) from New Zealand. It's the liquid version of the popular chocolate bar. While I don't think there's any secret to how they get it in the bottle; in the glass it tastes much like you'd expect if you've ever tasted the candy version.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

ADVERTISING FEATURE

Canadian Dairy Farmers: Pure Pride



Don't ask Norma Winters, a Canadian dairy farmer, how long her family's been in the business. "I've lost count of the generations," she says. "But the piece of land I work on today is the same one my grandmother worked on. We've always liked the security of knowing where our food comes from and how it's made."

Norma and her husband, Alan, run a dairy farm in Cornwall, Ontario. It's not a big farm — just 500 acres and 100 head of Holstein cattle, about 40 of which are milked — but it's enough for them. As Norma explains, it's better to do a few things and do them well.

"We grow our own produce, but all of it goes to feeding the animals," says Norma. "Our focus is solely dairy production. And it has to be because the Canadian dairy industry's standards are so high."

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Norma and Alan's day begins at 5 a.m. Cows are milked twice a day, usually eight at a time, in a special compartment within the barn. On one side, four cows are hooked up to sterilized milking equipment; on the other side, four more are prepped with a disinfectant wash. When milking is complete, a cow's udder is disinfected again. These measures are part of the job, as are regular veterinary care, a balanced diet, and humane treatment for the cattle.



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Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Taking soreness out of your swing

CELIA MILNE
for Metro Canada

Does your back hurt when you play golf? You don't have to be in great shape to get on the links, but fitness is a huge advantage to your game. And will help you prevent back injury.

Think of Tiger Woods, who before dominating the celebrity gossip pages, dominated the pro circuit for many years and rarely took time off for injury. He used a mixture of weight training, endurance exercise and flexibility workouts to stay in tip-top shape.

Back pain is very common — affecting an estimated 60 to 80 per cent of the population at some point in their lives. When it already exists, it can be aggravated by the repetitive movements of the golf swing, and in some cases it can be caused by golf.

"Back pain will be exacerbated on golfers who are overweight, with poor flexibility, weak core strength and poor stabilization of the spine," says Patrick Handfield, president of Action Sport Physio Centre Ville and also a senior advisor to Cirque du Soleil in Montreal.

As you age, your joints become stiffer and the disks in your back become weaker with less absorption. Handfield suggests you bend your knees when you pick up your ball from the hole or set up your tee. Besides developing a higher level of fitness, Handfield and other physiotherapists across Canada also suggest you warm up before playing.

Steve Mah, a physiotherapist and owner of Oakridge Physiotherapy in Vancouver, B.C., recommends dynamic stretching involving repetitive movement. For instance, swing a golf club back and forth.



Tiger Wood took time off recently for personal reasons but he rarely took time off because of physical injury. He prevented injuries by getting his body in shape before hitting the golf green.

"This is likened to warming up a car when you first start it on a cold morning," says Mah.

Kelly Parr, a physiotherapist at The Sports Medicine

Specialists in Toronto, recommends warming up your back using side bends. Stand with your

arms straight up over your head. Clasp your hands together and bend slowly sideways, first one side and then up to the middle,

then the other side. Repeat this three times.

After playing, Mah suggests static stretching, where you hold each pose for 30 seconds. This allows the body to maintain muscle flexibility following activity and reduces the degree of post-exercise stiffness the next day. Back pain and repetitive stress injuries can often be attributed to poor golf technique or biomechanics.

"For novice golfers and even experienced golfers, it is advisable to have your golf swing assessed to detect abnormalities that can be corrected to prevent potential injuries," says Mah.

If you have back pain that lasts more than three days, you should see a physiotherapist or physician, he adds.



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[@metrohb](#)

Having a hunch can hinder healthy living

CELIA MILNE
for Metro Canada

Turn off the computer! Sit up straight! Our parents were right: Too much time spent hunched over electronic devices gradually affects our health.

In fact, says Toronto chiropractor Dr. Guy Bahar, bad posture can eventually deplete energy, cause pain, hamper breathing, affect the immune system, and lead to a lower self-image.

Bad posture affects 66 per cent of Canadians, and the number continues to grow, he says.

He calls this Forward Head Posture (FHP) — forward displacement of the head over the chest, shoulders rounded forward, chest caved in and the upper back hunched over.

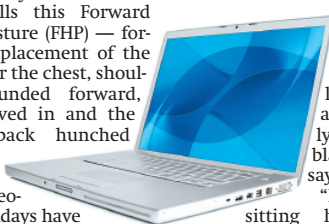
Even young people nowadays have some of the spinal characteristics of the elderly.

Over time, FHP can lead to a swaying forward of the hips and hollowing out of the lower back.

"Our modern lifestyles are largely to blame," says Bahar. "Hours sitting hunched over computers, especially laptops, has led to a Canadian population of FHP sufferers."

"Combine that with the excessive use of PDAs, Blackberries, handheld gaming and cellular phone texting devices, and it's not surprising that FHP is on the rise."

Bahar, who likes to be known as The Posture Doc, uses a four-step training method to correct posture. Fixing FHP leads to better posture, less pain, better sleep, and enhanced mood, he says.



Tips from The Posture Doc

Here are some pro-active tips from Dr. Bahar on improving your posture:

1. Have a posture check-up. Get assessed by a chiropractor or MD. It's hard to change something when you are not aware of it.
2. Increase your awareness of your posture when sitting, standing, sleeping, and using electronic devices. Sit up straight!
3. Treat your mobile devices as if they were hazardous to your health. Use hands free when talking on cell phones. Position your body correctly when using laptops and mobile devices. Try to avoid positioning them so you are looking down.
4. Take lots of breaks. Stand up, move around, and stretch when possible.
5. Limit the weight of your bags (and your children's knapsacks) to no more than 15 per cent of body weight.

CELIA MILNE/
FOR METRO CANADA

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Gym bag beauty bets

LIZA HERZ
for Metro Canada



Let's be upfront here. We are not encouraging you to be that girl who wears full makeup on the treadmill (ick).

But while your workout should be about health and fitness, a little beauty enhancement and pleasure can also be part of your regime. What to add to your already over-stuffed gym bag? Read on.

1 The **THERMOS INTAK HYDRATION BOTTLE** (\$12.99, major retailers) holds over 700 ml of water, shows your fluid intake on an easy-to-read metre and allows for one-handed operation to let you hydrate effortlessly while going all-out on the elliptical machine.

2 Get the most out of every minute spent not wearing high heels. **SOLE AIRR INSOLES** (\$29.99, Mark's, Sport Chek) have encapsulated air chambers to cushion your feet during high impact activities (think treadmill) plus a gel insert for comfort. Footie bliss.

3 Remember those scratchy, pink, disposable razors with the hollow handles? The new **GILLETTE VENUS EMBRACE DISPOSABLE** (3 for \$15.99, drugstores) puts them to shame with five (yes, five) blades and a "protective ribbon of moisture" for a close shave.

4 Do you ever wonder where they get the shampoo in your gym's shower? Use it if you must, but follow up with **NEXXUS BOTAN-LUXE LEAVE-IN CONDITIONER** (\$12.99, drugstores), with nourishing botanical oils and plant proteins to rehydrate and smooth your hair.



5 Not only does **AVEENO ULTRA CALMING DAILY MOISTURIZER** (\$20, drug and mass retailers) soothe skin and protect it from UV rays with SPF 30, but it contains feverfew, known for its antioxidant and anti-inflammatory properties, to minimize post-workout redness.



6 Simplify your locker room makeup routine with this goof-proof trio: **OLAY TOTAL EFFECTS EYE CREAM PLUS TOUCH OF CONCEALER** brightens while it hides dark circles, (\$30.99, drugstores), **REVLON GROW LUSCIOUS MASCARA** conditions and makes lashes appear thicker and more profuse, (\$9.95, drugstores), and **TARTE CHEEK STAIN IN FLUSH**, (\$39, Sephora) gives your cheeks (and lips!) a wash of sheer, natural-looking, rosy colour.



PHOTOS PROVIDED

The health and marriage myth

The J Spot

Josey Vogels

metronews.ca/thejspot

Married people live longer, happier, healthier lives. At least that's what we're told the research says.

But Bella DePaulo — a social psychologist based in Santa Barbara, Calif., and the author of *Singled Out: How Singles are Stereotyped, Stigmatized and Ignored* and *Still Live Happily Ever After* — says that, scientifically, this

simply isn't true.

For example, she says, much of the research looks only at those who are currently married.

"Those who divorce — well over 40 per cent who marry — are set aside," she explains.

"Those who got married and hated it get to leave the married group. But when those researchers compare the currently married to, say, the people who have always been single, they do not look only at the 50-some per cent who are most satisfied with their single lives."

DePaulo further challenges this research in her book and through her *Living Single* blog for psychologytoday.com.

So, why do we perpetuate the idea that marriage makes us happier and healthier?

DePaulo believes that, as a society, this mythology about marriage is very appealing and comforting.

"The mythology says that if only you get married, you will live happily ever after and you will be healthier and live longer, too," she says.

"The mythology presents marriage as a magical solution: Find 'The One' and all of the important pieces of your life will fall into place."

And, in an age when women have more control than they used to over their financial security, their sex lives, and their reproductive potential, and that they can pursue all of those possibilities without marrying, adds DePaulo, the only way to continue to sell this myth is through psychological arguments.

"The mythology is that you can never know true happiness or the best of health unless you marry."

In fact, one could argue that marriage can even be detrimental to one's health.

As at least one happily married man I recently posed the question to can attest, the only health benefits he's discovered through being married is a "healthier" waistline.

While being happily married doesn't guarantee better health, there are things you can do to maximize the health benefits of being married.

For tips, visit Josey's Sexcetera blog at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com and follow her at twitter.com/joseyvogels

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Taylor Swift has become CoverGirl's latest spokeswoman, according to People. The 20-year-old country sensation will join predecessors such as Drew Barrymore, Rihanna, Queen Latifah and Ellen DeGeneres. **TVGUIDE.COM**

Entertainment

EDITOR: DEAN.LISK@METRONOVS.CA



Show shopper

TV star, model, actress and trendsetter Kim Kardashian makes her Canadian debut in an on-air appearance on The Shopping Channel for the official Canadian launch of her signature fragrance today.

METRO NEWS SERVICES

Women of steel hold their own

NED EHRBAR
Metro World News

Gwyneth Paltrow reprises her role as Pepper Potts in Iron Man 2, playing the long-suffering assistant to Robert Downey Jr.'s eccentric billionaire, Tony Stark. But this time around, Paltrow isn't the only woman on the scene, with Scarlett Johansson stepping in as a mysterious new employee at Stark Industries. Despite rumours about catfights on set, Paltrow insists she was glad to have Johansson there with her.

Q Was it nice having another woman in the film?
A I think it's great for the movie. I really loved having another girl on set, because



Gwyneth Paltrow, left, and Scarlett Johansson star in Iron Man 2, opening this week.

last time it was such a boy's club. And I love the fact that she's, like, a powerful, smart superhero type of girl. When I think of my daughter seeing the movie, I'm so happy that Scarlett has that part. It's like, finally a girl getting to do something.

Q Were you jealous that you didn't get to kick some butt, too?
A No, no. I'm too old for that now.
Q Why do think do you think there were reports of you two not getting along?



"Kissing Robert (Downey Jr.) was like kissing my brother."

Gwyneth Paltrow

all the tabloids? Apparently you guys are cat-fighting." The tabloids have to write so much stuff. They're trying to keep up with blogs, and it's like everyone needs to write about something, so literally they just invent things.

Q Is Robert Downey Jr. a good kisser?
A Kissing Robert was like kissing my brother or something, you know? He's one of my best friends, I'm very close with his wife.

Meet Black Widow

• Scarlett Johansson admits that joining a comic book franchise — and taking on a butt-kicking character like Black Widow — was something of a challenge. "This was a whole new bag of tricks for me. It came out of left field. It was a lot to immerse myself in," she says. "Training like that is hard. It's a lot of work. You basically suck until you get it right." But she was committed to getting it right — and doing as much of the stunts herself as possible. "You're asked to just completely abandon everything that you think about this person and go with the story," she says, putting herself in the audience's shoes.

NED EHRBAR/
METRO WORLD NEWS

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31	31	31	ABC	News Center 5	World News	Inside Edition	Chronicle	Dancing With the Stars		Lost 'The Candidate' (N)		(11:02) V (N)
7	7	7	ASN	The Road to Avonlea	Degrassi: Next	NHL Hockey Playoffs: Teams TBA.	(HDTV) (Live)	Dancing With the Stars		The Middle (N)	Old Christine	(11:02) V (N)
11	11	11	CBC	Wheel Fortune	Jeopardy! (N)	Squelettes	Tout	Beautés desespérées (SC)		Musee Eden (N) (SC)		Le Téléjournal
2	2	2	CBC-F	Chère Betty (HDTV) (SC)	Wheel Fortune	Jeopardy! (N)	NCIS 'Obsession' (N)	NCIS: Los Angeles (N)		The Good Wife		TVa nouvelles
32	32	32	CBS	WBZ News (N)	Evening News	La Fievre de la danse (SC)	Caméra café	Taxi 0-22 (SC)		La Grande Evasion (HDTV)		TVa nouvelles
6	6	6	CHIF	Entertainment	ET Canada	The Good Wife "Mock"	NCIS 'Obsession' (N)	Glee "Bad Reputation"		Glee "Bad Reputation"		News First (N)
9	9	9	CJCH	etalk	Access H.	Law & Order: SVU	American Idol	Podium TV		Community Matters		CTV News
10	10	10	ELTV	(6) EastLink Television	The Simpsons	Two/Half Men	Two/Half Men	American Idol		Glee "Bad Reputation"		Fox First
36	36	36	FOX	Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	American Idol		Glee "Bad Reputation"		Fox First
12	12	12	NBC	News (N)	Nightly News	Access H.	Extra (N)	The Biggest Loser The contestants get makeovers. (N)		Score Now		Score Now
29	29	29	NW	(6) Power & Politics	The Lang & O'Leary Exchange	Greater Boston	Maria Hinojosa	Connect with Mark Kelley (N)		CBC News: The National		National
4	4	4	PBS-B	PBS NewsHour (N)	PBS NewsHour (N)	Business Rpt.	Steves Europe	NOVA (HDTV) (N)		Frontline (N) (DVS)		Frontline
35	35	35	PBS-D	PBS NewsHour (N)	Business Rpt.	Steves Europe	NOVA (HDTV) (N)	NOVA (HDTV) (N)		Nature (DVS)		Frontline (N)
68	68	68	TQS	Guerre clans	Alomex croch	Big Brother QC	Roxy (N) (SC)	CSI: NY (SC)		Flashpoint (SC)		L'Attaque à 5
23	96	96	BNN	Business News	Headline	Market Call Tonight	John King, USA (N)	The Close	Market Call	Squeeze Play		Business News
18	18	18	CNN	Situation Room-Wolf Blitzer	John King, USA (N)	John King, USA (N)	John King, USA (N)	Campbell Brown (N)		Larry King Live (N)		Cooper 360
54	54	54	GOLF	Live From the Players Championship (HDTV) (Live)	MLB Baseball Toronto Blue Jays at Cleveland Indians. From Progressive Field in Cleveland.	Score Now	Score Now	NASCAR Hall of Fame (HDTV)		Sportsnet Con.		Sportsnet Con.
52	52	52	RSE	Connected W-Prime Time	After Wrestling	Covers Experts	Barrett-Jackson	Barrett-Jackson		Score Now		Score Now
55	55	55	SCOR	Off the Record	SportsCentre	Wizards-Place	Star Wars Clo.	Star Wars Clo.		Star Wars Clo.		Star Wars Clo.
43	43	43	FAM	Han, Montana	Wizards-Place	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.		Star Wars Clo.		Star Wars Clo.
44	44	44	TOON	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.		Star Wars Clo.		Star Wars Clo.
26	26	26	TREE	Wonder Pets	3rd and Bird	Backyardigans	Night Garden	Waybuloo	Toopy & Binoo	Franklin		Babar
27	27	27	YTV	To Be Indie	Family Biz	Family Biz	Family Biz	Family Biz		Family Biz		Family Biz
16	16	16	A&E	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds
70	70	70	APTN	APT National News (N)	APT National News (N)	APT National News (N)	APT National News (N)	Cashing In	Rabbit Fall	Arbor Live		Beyond Words
50	50	50	BET	106 & Park: BET's Top 10 Live (N)	106 & Park: BET's Top 10 Live (N)	106 & Park: BET's Top 10 Live (N)	106 & Park: BET's Top 10 Live (N)	Bad Boys *** (1995, Action) Martin Lawrence.		Arbor Live		Tiny & Toya
37	37	37	BRVO	Emily of New Moon	Bravo/Videos	Arts & Minds	Bravo/Videos	Arts & Minds		Reba		Reba
25	25	25	CMT	CMT's Top 20 Tearjerkers	Amer. Funniest Home Videos	Trace Evidence-Dr. Henry Lee	Daily Planet (N)	House Hunters	Property Virgin	How It's Made		How It's Made
49	49	49	COM	Just for Laughs	True Murder	Criminals	How It's Made	How It's Made		How It's Made		How It's Made
153	153	153	COURT	Killer Next Door	Daily Planet (N)	House Hunters	Property Virgin	How It's Made		How It's Made		How It's Made
38	38	38	DISC	Destroyed	Destroyed	House Hunters	Property Virgin	How It's Made		How It's Made		How It's Made
34	34	34	HGTV	Extreme Makeover: Home	Aftermath (HDTV)	Gossip Girl (HDTV) (N)	The Daily Fix	Ranked!		Duplicity (2009, Romance-Comedy)		Duplicity
46	46	46	HIST	Ancients Behaving Badly	Stargate SG-1 "Heroes"	CSI: Crime Scene Investigat'n	etalk	TMZ (N)		Look-A-Like		Look-A-Like
17	17	17	MM	Buffy the Vampire Slayer	mtm10.ca	The Daily Fix	Ranked!			Duplicity (2009, Romance-Comedy)		Duplicity
19	19	19	MMM	mtm10.ca	The Daily Fix	Ranked!				Duplicity (2009, Romance-Comedy)		Duplicity
201	201	201	M1	(5:40) Flash of Genius (2008, Drama)	Ghost Hunters	Family Guy	Family Guy	Family Guy		House/Payne		House/Payne
48	23	23	OLN	Mantracker	Friends	Friends	Friends	Friends		Planes, Trains and Automobiles (1987)		Planes, Trains and Automobiles
51	51	51	PEACH	RDI monde	RDI économie	Trailer Park	Trailer Park	Trailer Park		Wedding SOS		Wedding SOS
206	206	206	PIX	Altanajuat the Fast Runner	Turning Paige ** (2001, Drama)	Katharine Isabelle	Grandes reportages (SC)	Anna's Storm (2007, Action) Sherree Wilson.		Le Téléjournal (SC)		Le Téléjournal
67	67	67	RDI	RDI monde	RDI économie	Trailer Park	Trailer Park	Trailer Park		Wedding SOS		Wedding SOS
39	39	39	SHOW	Trailer Park	Trailer Park	Trailer Park	Trailer Park	Trailer Park		Wedding SOS		Wedding SOS
40	40	40	SLICE	Til Debt-Part	Wedding SOS	Rich Bride Poor Bride	Stargate Atlantis (DVS)	Stargate Voyager		Medium "Saf" (HDTV) (N)		Medium
47	47	47	SPACE	Stargate SG-1 "Heroes"	CSI: Crime Scene Investigat'n	etalk	TMZ (N)	Look-A-Like		Deadliest Warrior (HDTV)		Deadliest Warrior
14	14	14	SPICE	CSI: Crime Scene Investigat'n	etalk	TMZ (N)	Look-A-Like	TMZ		The View (HDTV) (N)		The View
98	98	98	STAR	etalk	TMZ (N)	Look-A-Like	TMZ	Best Food Ever (HDTV)		Child Frozen in Time		Child Frozen in Time
21	21	21	TLC	Say Yes, Dress	Say Yes, Dress	Best Food Ever (HDTV)	The Celebrity Apprentice (HDTV) (N)	Partir autrement		May-December		When I Laugh
34	34	34	TROP	End of Leash	Journal de Fr2	Zoom animal	Murder, She Wrote	Cold Case		Missing "M.I.A."		Missing
20	20	20	TVS	Que-champion	Journal de Fr2	Zoom animal	Murder, She Wrote	Cold Case		Missing "M.I.A."		Missing
28	28	28	V	Just Cause	Psychic Inv.	Encounters	House-Sell	Supernanny		Style by Jury		Beauty
97	97	97	VIVA	Psychic Inv.	Encounters	House-Sell	Supernanny	Style by Jury		Beauty		Style by Jury
22	22	22	W	House-Sell	Supernanny	Style by Jury	Beauty	Style by Jury		Beauty		Style by Jury
251	251	251	WGN	WGN Evening News	MLB Baseball Chicago Cubs at Pittsburgh Pirates. From PNC Park in Pittsburgh.	WGN Evening News	WGN Evening News	WGN Evening News		WGN Evening News		WGN Evening News

critics' corner

V Erica, Ryan, Father Jack and Hobbes (Elizabeth Mitchell, Morris Chestnut, Joel Gretsch, Charles Mesure) learn that Anna (Morena Baccarin) has sent a shuttle filled with a lethal V tracker team to find them, forcing them to come up with a strategy to keep the craft from landing. Anna gives Tyler (Logan Huffman) his invitation to the Live Aboard program. Chad (Scott Wolf) confronts Father Jack in the new episode "Hearts and Minds." 11:02 PM on ABC ASN



Turning Paige

Directed by Alberta's Robert Cuffley, this 2001 drama — which one critic dubbed "the thinking man's teen movie" — earned accolades at several film festivals, particularly for the performance of Katharine Isabelle in the title role. Young Paige wants to be a writer but has a more immediate assignment at hand: keeping up the appearance of normalcy in her denial-plagued family. That becomes more difficult when her prodigal brother returns. 8 PM on PIX

Seth Green gets hitched

Seth Green is officially off the market: The actor married model/actress Clare Grant on Saturday. Green and Grant tied the knot at a private vineyard in Northern California, according to a source. PEOPLE.COM

Franco goes backstage at SNL

It was Saturday Night Live on a Sunday afternoon, as James Franco's SNL documentary screened at the Tribeca Film Festival.

The actor introduced his

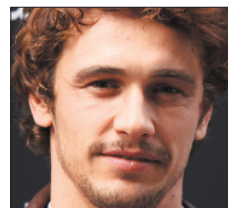
film just blocks away from the sketch comedy show's Rockefeller Center home. His film, *Saturday Night*, documents a week in the life of the show — in partic-

ular, the December 2008 week hosted by John Malkovich. Franco said he wanted to find out "what that mysterious comedy process was." It began as a

seven-minute school assignment for Franco, who was studying film at New York University, but grew into an hour-and-a-half documentary that premiered

at South By Southwest.

Granted access that few, if any, have been given, Franco captures mostly in intimate, handheld footage. **THE ASSOCIATED PRESS**



Franco

Actress Redgrave dead at 67

PEOPLE Lynn Redgrave, independent player in her family's acting dynasty who became a 1960s sensation as the freethinking



title character of *Georgy Girl* and later dramatized her troubled past in such one-woman stage performances *Shakespeare for My Father* and *Nightingale*, has died. She was 67.

Her publicist Rick Miramontez said Redgrave died Sunday at her Manhattan apartment. In 2003 Redgrave was treated for breast cancer.

"Our beloved mother Lynn Rachel passed away peacefully after a seven year journey with breast cancer," her children said in a statement.

Her death comes a year after her niece Natasha Richardson died from head injuries sustained in a skiing accident and just a month after the death of her brother, Corin.

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GRADUATE



Neena Louise MacKinnon

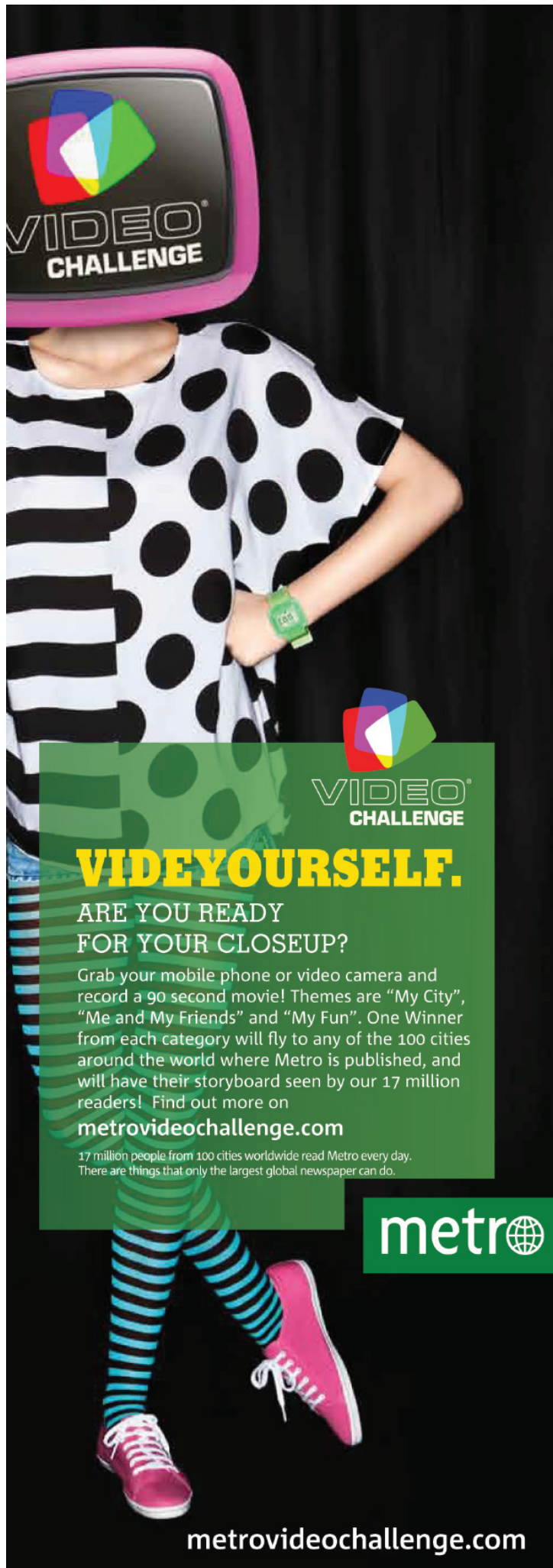
Graduated from St. Francis Xavier University on May 02, 2010 with a Bachelors of Arts

The Graduate is the daughter of Rev. Mr. Gordon and Theresa MacKinnon

Neena will continue her education toward a law degree from Dalhousie University

We love you, you have made us so very proud

Love Dad, Mom, Shauna, and Tessa



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DVD picks

Nine

Director: Rob Marshall

NINE IS A fractured film about creative and coital conundrums that is best sampled like an array of Italian gelatos. In other words, don't complain about how it all works, just enjoy the yummy bits.

There are plenty of them, mainly the songs by Kate Hudson and Marion Cotillard, but let's get what plot there is out of the way first.

Daniel Day-Lewis is Guido Contini, a Fellini-esque moviemaker in mid-1960s Rome whose best work is behind him, as everybody keeps reminding him. We meet this rogue charmer, "Maestro" as he's known, as he's giving a press conference in Rome's Cinecittà Film Studios, explaining to bewildered journos how you "kill" your movies in the process of making them.

The Maestro could be referring to himself. On the cusp of 50, Guido is in the midst of a full-blown midlife crisis, more from his inability to keep his



pants on than writer's block. Rather than begin the epic film Italia that is to be his latest and greatest project, once again starring his sultry muse Claudia (Nicole Kidman), he flees Rome in his vintage convertible Alfa Romeo. He takes refuge in a swank seaside resort, where there is more marble than the Vatican and more spirits than a graveyard.

Here Guido, like Dickens' Scrooge, must confront his past, present and future — but Scrooge was fortunate in only having to deal with ghosts.

Guido's vexations are all

flesh-and-blood, although some of them — notably Sophia Loren as his mother — also appear in his vivid fantasies.

He begins his follies by foolishly inviting both his wife (Marion Cotillard) and his lover (Penélope Cruz) to join him.

Marshall's casting is the real draw of Nine. With the exception of Loren, none of his choices are Italian, which could have been a liability in the hands of a less creative director.

Daniel Day-Lewis makes for a game Guido, but not a perfect one the way Marcello Mastroianni was for Fellini's 8 1/2, the 1963 film that Nine is inspired by. Day-Lewis's Italian accent is at best serviceable, and his singing leaves something to be desired — which may explain why his two numbers are rushed and crushed.

Legend has it Fellini filmed 8 1/2 with a note reading, "Remember, it's a comedy" taped to his camera. Marshall and Day-Lewis might have profited from that example.

Peter Howell/for Metro Canada



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George Pothitis, Artistic Director

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Canada **Canada Council for the Arts** **Halifax** **Nova Scotia** **The Chronicle Herald** **Budget** **Real**

Sweetin expecting another child

Jodie Sweetin is going to be a mom again. The actress — who has a two-year-old daughter, Zoie, with ex-husband Cody Herpin — is expecting a baby with her boyfriend of one year, Morty Coyle, people.com reports. **METRO NEWS SERVICES**

Celebrity Buzz

Elin spotted in Sweden

TIGER SPOTTED SOMEONE ELSE, ER ... SOMEWHERE ELSE Confirmed: Elin Woods is in her homeland of Sweden, thousands of miles away from estranged husband Tiger Woods, us-magazine.com reports.

With no bodyguards in sight, Elin, 30, was photographed jogging solo in her native country on Saturday; wearing a black tracksuit and white cap, she listened to tunes on her iPod as she ran.

It's the first known photo of Elin since she took her kids Sam, 2, and Char-

lie, 15 months, to the Scandinavian nation on April 19.

The three-some is visiting with her family, but fast-and-furious construction also continues at a \$3 million US seaside estate Elin recently

purchased.

"She and the kids are going to be spending most of the summer there," a family source tells Us. "Without Tiger."

METRO NEWS SERVICES



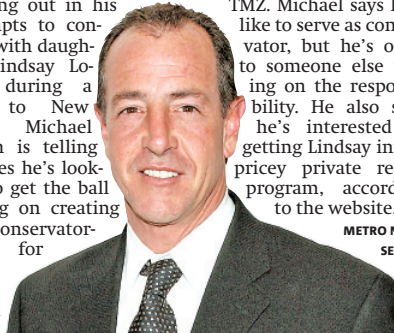
Lohan wants control of Lindsay's finances

AT LEAST HE'S BEING OPEN like Britney Spears' dad

ABOUT IT NOW After striking out in his attempts to connect with daughter Lindsay Lohan during a trip to New York, Michael Lohan is telling sources he's looking to get the ball rolling on creating a conservatorship for Lindsay much

did for her, according to TMZ. Michael says he'd like to serve as conservator, but he's open to someone else taking on the responsibility. He also says he's interested in getting Lindsay into a pricey private rehab program, according to the website.

METRO NEWS SERVICES



Douglas looking at the bright side of jail term

I'M NOT SURE THOSE ACTUALLY IN PRISON WOULD AGREE Michael Douglas is trying to view his son Cameron's five-year jail sentence on drug charges as a blessing in disguise, femalefirst.co.uk reports.

"My son has not been sober for this length of time since he was 13 years old," Douglas, 65, tells the Today show, in an inter-

view that aired Monday.

"So he was going to be dead or somebody was gonna kill him, and I think he has a chance to start a new life and he knows that... It's going to take that amount of time for him to rebuild and start himself afresh."

Cameron Douglas, 31, was arrested last year for allegedly dealing methamphetamine. Last month, he was sentenced to jail time for conspiring to sell crystal meth and for heroin possession.

METRO NEWS SERVICES



Aniston trying hard to get in shape for film

WELL THANK GOD FOR THAT Jennifer Aniston is reportedly going to great lengths to get into shape for her current film, Just Go With It, and is worried about going up against on-screen rival Brooklyn Decker, a swimsuit model, according to the Daily Mail.

"Jen has been getting really wound up with the wardrobe department because her costumes are so skimpy and she's worried about working with a younger model with a hot body," a source says.

"She has upped her fitness regime and has had her gym equipment sent to her villa."

METRO NEWS SERVICE



Divorce info goes public

AND NOTHING NEW IS REVEALED According to Sandra Bullock's divorce filing, the official reason for her split from Jesse James is a "conflict of personalities that destroys the legitimate ends of the marriage relationship and prevents any reasonable expectations of reconciliation," according to the Insider, which obtained

a copy of the divorce papers.

Bullock filed in late April in Austin, Texas. The papers also state that "there is no child under 18 years of age or otherwise entitled to support who was born or adopted of this marriage and none is expected," confirming that Bullock will finalize the adoption of 3-month-old Louis Barado Bullock as a single parent.

METRO WORLD NEWS

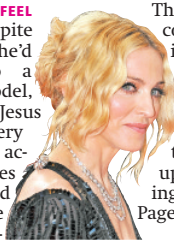


Madonna still loves Jesus

WONDER HOW HER FRIENDS IN KABBALAH FEEL ABOUT THAT Despite rumours that she'd moved on to a younger model, Madonna and Jesus Luz seem very much together, according to sources who spotted them at the Tribeca Film Festival.

The pair appeared cozy while relaxing in the green room at the premiere of "Please Give" at the Tribeca Performing Arts Center. "He was gazing up at Madonna adoringly," a source tells Page Six of Luz

METRO WORLD NEWS



Shields wants another child

THERE SHOULD BE A CAP ON HOW MANY KIDS A CELEBRITY CAN HAVE Brooke Shields is eager to add another child to her family, according to Page Six. Shields and husband Chris Henchy have two young daughters, and the actress was recently spotted gushing over a friend's toddler, saying, "They're so cute when they're this size." But sources say Shields is worried that at 44 she may not be able to get pregnant again.

METRO WORLD NEWS



Berry bootied Aubry: Source

BILLY BOB THORNTON LEFT SOME BIG SHOES TO FILL Gabriel Aubry is understandably down about his five-year relationship with Halle Berry coming to an end.

"I am sad to say that Halle and I have decided together to separate at this time," the Canadian model said in a statement.

Meanwhile,

sources tell People magazine that it was Berry who decided to end things.

"She kicked him out months ago because he wasn't able to pull his weight in the relationship and she wanted to move on," a source says.

METRO WORLD NEWS



Follow these celebrities on Twitter...

CelebTweets

COURTNEY LOVE is dispelling rumours which she started herself, **RANIA AL ABDULLAH** is finding new ways to get a point across, **JUSTIN BIEBER** is always learning new things and **BEN STILLER** doesn't see a Zoolander sequel happening

@CourtneyLoveUK i did not date gavin while he was engaged to gwen and im sure he appreciated being rated as a good kisser.

@QueenRania At the International Reading Association convention using peanut butter sandwiches as a metaphor for cross-cultural dialogue.

@Justinbieber Really (vocab word) "detest" early mornings...

@RedHourBen Ron Burgundy and Derek Zoolander looking to appear in sequels. Both men destitute, without means or intellect to fund their own comebacks.

METRO NEWS SERVICES



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GRADUATE



Graduate's Name
Graduated from Halifax College University on May 13, 2010 with a Bachelor of Science.

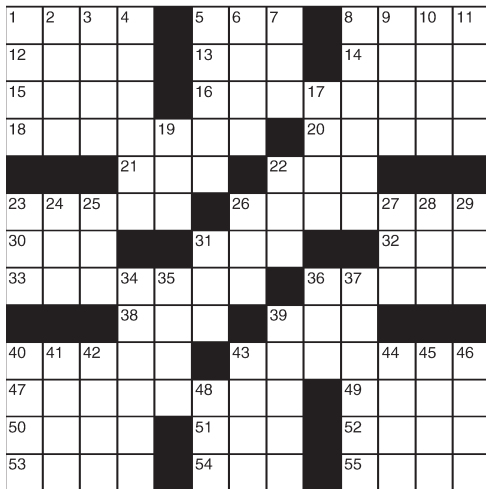
Graduate is the daughter of John and Jamie-lee Doe. Granddaughter of Herald and Maud Doe of Halifax.

Graduate has accepted a position in her field in Cape Breton.

We're so proud of you!
Mom & Dad



Take Five

For more delicious Metro recipes, visit: metronews.ca/food

ACROSS

1 Use a teaspoon
5 G8 member
8 Church section
12 Last few notes
13 Fresh
14 Ring out
15 Quite enthusiastic
16 "Arena" for rough estimates
18 Teen at a shopping center, often
20 Haven
21 Melody
22 Unhealthy
23 Pollster's find
26 Corridor
30 Lemieux milieu
31 Old English double-U
32 Time of your life?
33 Roadside emergency phone
36 "Nonsense!"
38 Diving bird
39 Baby food
40 Oodles

43 Patsy
47 Yarn
49 Facility
50 Chills and fever
51 Meadow
52 Still
53 Jewels
54 Grain bristle
55 Untouchable Eliot

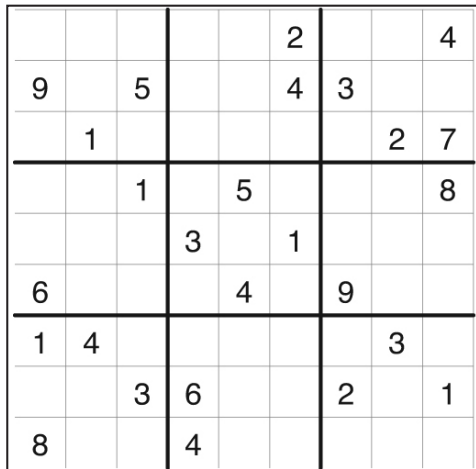
DOWN

1 Con game
2 Frat party garment
3 "American —"
4 Loose overcoat
5 Release a deadbolt
6 Membership
7 Puncturing tool
8 Horrify
9 Carrots' partners
10 Ganges wrap
11 Antlered critters
17 Lounge about
19 Disencumber
22 Actor McKellen
23 First X or O?
24 Nipper's employer
25 Slithery fish
26 Whammy
27 "Do — Diddy Diddy"
28 Khan title
29 Evergreen type
31 Moo goo gai pan pan
34 Punch bowls' accessories
35 Bankrupt
36 Chum
37 Blood-filtering organ
39 Hymn of praise
40 Men-only
41 Zoo structure
42 Astringent
43 Took to the skies
44 Donated
45 Works with
46 Longings
48 Carte lead-in

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

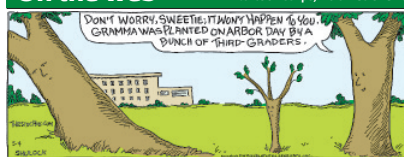


PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	4	9	1	7	8	3	5	2
8	3	7	5	2	9	1	6	4
2	5	1	3	6	4	7	9	8
1	8	4	7	5	3	6	2	9
7	2	5	9	1	6	8	4	3
9	6	3	8	4	2	5	1	7
3	9	2	6	8	5	4	7	1
4	1	6	2	3	7	9	8	5
5	7	8	4	9	1	2	3	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day



Spicy Lamb Stew with Couscous

INGREDIENTS:

1 boneless leg of lamb, cubed
1 small onion, chopped
2 cloves garlic, chopped
1/2 tsp cayenne pepper
1 cinnamon stick, broken in half
1 tsp ground ginger
1 tsp paprika
1/4 tsp crumbled saffron threads
3/4 cup dried apricots, quartered
1 cup chopped carrots
1 cup chopped zucchini
2 tomatoes, chopped
3 tbsp chopped cilantro
3 tbsp chopped fresh parsley
1 1/2 cups couscous

METHOD:

1. In large pot, combine lamb, onion, garlic, cayenne pepper, cinnamon, ginger, paprika, saffron, and salt and pepper to taste. Add enough water to cover and simmer mixture, covered, 1 hour 30 minutes.

2. Add apricots, carrots, zucchini, tomatoes, 2 tbsp cilantro and 2 tbsp parsley and simmer, covered, 15 minutes.

3. Meanwhile, put couscous in bowl, just cover with cold water and let stand 5 minutes to absorb liquid.

4. Transfer couscous to sieve: steam over stew until warm, about 15 minutes. Fluff with fork and add salt to taste.

5. Spoon couscous onto serving dish. Using slotted spoon, top couscous with lamb and vegetables and sprinkle with remaining cilantro and parsley. Serve cooking liquid on side as sauce.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.comFor Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20



As usual you have said too much and as usual you don't care. Anyone who expects an Aries to keep their opinions to themselves is in for a very long wait.

LIBRA

SEPT 23-OCT 23



This is not a day for rash decisions, even though your head may be full of good ideas. If they are that good they will wait for another day.

TAURUS

APRIL 21-MAY 21



Something that has been causing you a great deal of confusion will become crystal clear at some point today.

SCORPIO

OCT 24-NOV 22



You will make a big impression today, but will it be a good one or a bad one? Think long and hard about what you intend to say.

GEMINI

MAY 22-JUNE 21



It might be wise to keep your thoughts to yourself today, especially if they are the sort that are likely to start arguments.

SAGITTARIUS

NOV 23-DEC 21



What looks important now will seem totally insignificant later in the month, so try not to worry about it. Relax. Give your mind permission to roam.

CANCER

JUNE 22-JULY 22



If you believe that you can do something then you will get it done. If you believe that you can't do something then no amount of effort will work.

CAPRICORN

DEC 22-JAN 20



A problem you have spent hours, days, even weeks trying to solve will sort itself out without any input from you.

LEO

JULY 23-AUG 23



You may not be happy with the direction your life is moving but don't worry about it to such an extent that you risk making yourself ill.

AQUARIUS

JAN 21-FEB 18



Your temper will ignite today, but although you may have good reason to be angry you know it's not going to solve anything, so why bother?

VIRGO

AUG 24-SEPT 22



Someone is talking behind your back and trying to damage your reputation. So what do you do about it? Pretend they don't exist.

PISCES

FEB 19-MARCH 20



There is a great deal of energy in your chart at the moment but you need to find ways to release it constructively.

This day in history

1626: Dutch explorer Peter Minuit arrives in New Netherland (present day Manhattan Island).
1814: Emperor Napoleon I of France arrives at Portoferraio on the island of Elba to begin his exile.
1904: The United States begins construction of the Panama Canal.
1910: The Royal Canadian Navy is created.
1953: Ernest Hemingway is awarded the Pulitzer Prize for The Old Man and the Sea.
1979: Margaret Thatcher becomes the first female Prime Minister of the United Kingdom.

METRO NEWS SERVICES

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Breakfast daily • Double rm.
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\$70 Per day
Taxes included

City Inn Manchester • 4 ★
Breakfast daily • Double rm.
July 27-Sept. 6

\$90 Per day
Taxes included

Air, Hotel & City Tour **LONDON**

Hotel Ibis London Earls Court • 3 ★
Breakfast daily • Standard rm.
July 1-Aug. 31 • 6 nts.

\$1299 *Taxes & other fees
(including service charges): \$398

Kensington Close • 4 ★
Double rm.
July 1-Aug. 31 • 6 nts.

\$1499 *Taxes & other fees
(including service charges): \$398

Cruise **Norwegian Cruise Line¹**

Norwegian Sun
Baltic Capitals Cruise
Flights to London
Inside stateroom, cat. JJ
June 16 • 12 nts.

\$2249 *Taxes & other fees
(including service charges): \$646

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Cancun/Riviera Maya
via Toronto
Grand Sirenis Riviera Maya
Hotel & Spa • 5 ★
All-Inclusive • Junior suite
May 30 • 1 wk.

\$919
*Taxes & other fees
(including service charges): \$303

Puerto Vallarta/Riviera Nayarit

via Toronto
Dreams Villamagna
Nuevo Vallarta • 4 1/2 ★
All-Inclusive
Junior suite tropical view
July 3-31 • 1 wk.
\$200 resort credit

\$1389
*Taxes & other fees
(including service charges): \$288

DOMINICAN REPUBLIC

Samana via Toronto

Gran Bahia Principe
Cayacoa • 4 ★
All-Inclusive • Standard rm.
June 6, 13 & 20 • 1 wk.

\$679
*Taxes & other fees
(including service charges): \$322

Punta Cana via Toronto

Occidental Grand
Punta Cana • 4 ★
All-Inclusive • Junior suite
June 5-20 • 1 wk.

\$799
*Taxes & other fees
(including service charges): \$322

JAMAICA

via Toronto

Gran Bahia Principe
Jamaica • 4 1/2 ★
All-Inclusive • Junior suite
June 1-18 • 1 wk.

\$1049
*Taxes & other fees
(including service charges): \$283
Please add \$50 for Sat. & Sun. departures

CUBA

Holguin via Toronto

Sirenis Playa Turquesa • 4 ★
All-Inclusive • Superior rm.
May 15-June 19 • 1 wk.

\$699
*Taxes & other fees
(including service charges): \$242

Varadero via Toronto

Barceló Marina
Palace • 4 1/2 ★
All-Inclusive • Junior suite
May 15-June 21 • 1 wk.

\$759
*Taxes & other fees
(including service charges): \$242
Please add \$50 for Sat. & Sun. departures

TURKS & CAICOS

via Toronto

Royal West Indies
Resort • 4 ★
Studio botanical view
June 5-20 • 1 wk.

\$1329
*Taxes & other fees
(including service charges): \$228

NASSAU

Bahamas via Toronto

\$300 instant savings!
per room, on Air & Hotel packages to Nassau, Bahamas³

Sheraton Nassau
Beach Resort • 4 ★
Resort view rm.
June 3, 10, 17 • 4 nts.

\$769
*Taxes & other fees
(including service charges): \$107

COSTA RICA

Liberia via Toronto

Occidental Grand Papagayo • 4 1/2 ★
All-Inclusive • Deluxe rm.
May 22 & 29 • 1 wk.

\$1049
*Taxes & other fees
(including service charges): \$244

ARUBA via Toronto

Occidental Grand Aruba • 4 1/2 ★
All-Inclusive • Deluxe rm.
June 15, 12 & 19 • 1 wk.

\$1739
*Taxes & other fees
(including service charges): \$241



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Auto, 42,000km



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06 PT CRUISER

PW, PL, PM, A/C, CD,
54,000km



\$8,995 OR **\$52 PER WEEK^**

06A TOYOTA COROLLA

PW, PL, PM, A/C, CD, Auto
55,000km



\$9,995 OR **\$52 PER WEEK^**

UNDER \$15,000

09 DODGE AVENGER SXT

PW, PL, PM, A/C, CD,
20,000km



\$14,995 OR **\$62 PER WEEK***

07 MAZDA 5 HATCHBACK

PW, PL, PM, A/C, CD, 49,000km



\$14,995 OR **\$72 PER WEEK****

07 DODGE GR CARAVAN

PW, PL, PM, A/C, CD
47,000km



\$14,995 OR **\$72 PER WEEK****

08 JEEP PATRIOT SPORT 4x4

AUTO, A/C, CD
37,000km



\$14,995 OR **\$62 PER WEEK***

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09 DODGE CHARGER

PW, PL, PM, A/C, CD, 27,000km,



\$17,995 OR **\$74 PER WEEK***

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\$15,995 OR **\$77 PER WEEK***

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64,000km



\$15,995 OR **\$77 PER WEEK****

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